



Team Nutrition e-Newsletter – Sharing Team Nutrition Resources and Ideas
November 2004

The Team Nutrition (TN) e-Newsletter is published periodically to share TN resources developed by USDA and by State agencies with TN grant funding, and to share ideas for promoting healthy eating and physical activity through Team Nutrition at the State and local levels.

In this issue –

1. HealthierUS School Challenge
 2. Super Star Nutrition For Kids – for CACFP sponsors
 3. Preventing Childhood Overweight and Obesity: Parents Can Make a Difference
 4. Eight Arizona Schools are piloting a Healthy School Nutrition Policy model
 5. All It Takes is Nutritious SENSE: Students Encouraging Nutritious Snacks Everyday!
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HealthierUS School Challenge

The USDA's HealthierUS School Challenge initiative is designed to recognize a school's commitment to the health and well being of its students by making changes in their school nutrition environment; improving the quality of the foods they serve; and providing students with more nutritious, healthy food and beverage choices. The first year of the challenge focuses on elementary schools.

Elementary schools that meet or exceed the HealthierUS School Challenge criteria, can apply for a Silver or Gold Certification on a voluntarily basis; this voluntary certification is for a two-year period. To take the challenge, visit the TN Web site at www.fns.usda.gov/tn and review the standards/criteria at http://www.fns.usda.gov/tn/HealthierUS/standards_criteria.pdf; download the Self -Assessment form at http://www.fns.usda.gov/tn/HealthierUS/self_assessment.pdf; convene a review panel; complete the review; obtain the required approvals and signatures; and submit the completed form to your State agency. Schools that are certified will receive a USDA recognition plaque and have their school posted on the TN website indicating nutrition excellence.

Super Star Nutrition For Kids - Improving the Nutrition Environment in Childcare Settings

Oregon's 2002 Team Nutrition Grant project, *Super Star Nutrition For Kids* (SSNFK) focuses on improving the nutrition environment in childcare settings and targets 3-5 year olds. The goal of the project is to create nutrition awareness within the CACFP child care environments; to build capacity of childcare providers to include more vegetables, fruits and whole grain foods at snacks and mealtimes; to provide effective nutrition education and developmentally-appropriate physical activities to young children in care; and to serve meals consistent with Federal regulations.

The project's key messages are incorporated into a set of twelve laminated information sheets, each presenting a specific nutrition or physical activity-related "Message of the Month" (MOM) with a reprint of a topic-related recipe and activity cards from the *Team Nutrition IOWA Physical Activities and Healthy*

Snacks for Young Children grant project, on the back. The *MOM* sets are printed in color in five languages and are used in multiple ways as a training tool in workshops and as a communication tool with centers, daycare home providers, parents and the public. For more information about the *Super Star Nutrition for Kids* project, contact Lynn Martin, Team Nutrition Grant Director at lynn.martin@state.or.us; to view the Super Star Nutrition For Kids materials, visit <http://www.ode.state.or.us/services/nutrition/cacfp/tn/>.

Preventing Childhood Overweight and Obesity: Parents Can Make a Difference

The kit, “Preventing Childhood Overweight and Obesity: Parents Can Make a Difference”, addresses the issue of the increasing rate of childhood obesity and how parents can be involved in solutions to this problem. The kit allows participants to choose between viewing background information on childhood overweight and obesity on a video or DVD. The printed materials provide summaries of key topics related to the issue as well as information on action plans that parents, schools, and communities can consider in responding to childhood obesity. Handouts in reproducible format are included for sharing at meetings and presentations. For downloadable versions of the materials, access the Project PA website at www.psu.edu/projectpa.

The kit was developed through Project PA, a collaboration between Penn State University and the Pennsylvania Department of Education (PDE), Division of Food and Nutrition. Funding for this kit was provided by the USDA through a TN Training Grant administered by the PDE.

Arizona Schools are Piloting a Healthy School Nutrition Policy Model

With the funding of a 2003 Team Nutrition Training Grant, the Arizona Department of Education, Health and Nutrition Programs is helping Arizona educators and students create a healthy school environment—one school at a time. Part of this movement in Arizona came from a national effort known as the [Action For Healthy Kids \(AFHK\)](#). From this national group, the Arizona Department of Education and a variety of community, school, agencies and industry [stakeholders](#) have formed their own state team of AFHK.

Thirty Arizona schools voluntarily applied (8 were awarded) to participate in piloting the [Healthy School Environment Model Policy](#). This policy was modeled after the [National Association of State Boards of Education \(NASBE\)](#) sample policy to encourage healthy eating. To find out more about AZ’s 2003 TN Grant Healthy School Nutrition Policy Project, visit <http://www.ade.az.gov/health-safety/cnp/teamnutrition/>

All It Takes is Nutritious SENSE: Students Encouraging Nutritious Snacks Everyday!

Some Montana schools have found out that students will choose healthful items if they are readily accessible and affordable at student stores. With the funding of a 2002 TN Training Grant, Montana Office of Instruction, Child Nutrition Programs, has developed *All It Takes is Nutritious SENSE: Students Encouraging Nutritious Snacks Everyday* tool kit. This toolkit will guide the participant through key concepts and considerations necessary to make these positive

changes. In the end, the school store will not only continue to be profitable, it will contribute to student health and well being in the school. View the entire tool kit at the following website:
<http://www.opi.state.mt.us/schoolfood/nutritionense.htm>

About USDA's Team Nutrition - Team Nutrition is an integrated, behavior-based, comprehensive plan for promoting the nutritional health of the Nation's children. Team Nutrition uses three behavior-oriented strategies: 1) provide *training and technical assistance* to help Child Nutrition Program foodservice professionals to prepare and serve nutritious meals; 2) provide multifaceted, integrated *nutrition education* for children, their parents, and other adults who influence children's behavior; and 3) build *school and community support* to create a healthy school environment that is conducive to healthy eating and physical activity.

For more information regarding USDA's Team Nutrition and how to enroll your school as a Team Nutrition School, go to the USDA Web site at <http://www.fns.usda.gov/tn>

What is New on USDA's Team Nutrition Web site? – Check it out at
<http://www.fns.usda.gov/tn/New/index.htm>
